

Breakfast Sandwiches

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| Egg and Cheese English Muffin 350 cal | \$2.89 |
| Bacon, Egg, and Cheese Biscuit 570 cal | \$3.39 |
| Sausage, Egg, and Cheese English Muffin 520 cal | \$3.39 |
| Ham, Egg, and Cheese Biscuit 540 cal | \$3.39 |

Breakfast

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|--|------|
| French Toast 350 cal (Two slices with syrup) | 2.49 |
| Bacon 70 cal (Two slices) | 1.79 |
| Ham 30 cal (One slice) | 1.79 |
| Sausage 170 cal (one patty) | 1.79 |
| Toast 110-160 cal (two slices) | 0.99 |
| Bagel 210-270 cal | 0.99 |
| English Muffin 120 cal (one patty) | 1.79 |

Beverages

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|----------------------------|------|
| john conti® Gourmet Coffee | |
| 12 oz. | 1.59 |
| 16 oz. | 1.89 |

Grab-n-Go includes cereal, muffins, fresh donuts, and fruit.

Sandwiches

Tuna Salad Wheat Berry | 340 cal **\$5.09**

Creamy tuna salad, tomato, and lettuce on wheat berry bread

Chunky Chicken Salad Sandwich | 370 cal **\$4.99**

Diced chicken and celery in a creamy Dijon mayonnaise dressing

Grilled Chicken Caesar Wrap | 700 cal **\$5.09**

Grilled chicken, Parmesan, romaine lettuce, tomato, and croutons with Caesar dressing in a wrap

Turkey and Bacon Ciabatta | 480 cal **\$6.09**

Turkey, bacon, American cheese, lettuce, and tomato on a rustic ciabatta roll

Ham and Swiss Ciabatta | 370 cal **\$5.49**

Ham, Swiss cheese, dill pickle, lettuce, and mustard on ciabatta roll

Made to Order | 200-650 cal **\$6.09**

Create your own sandwich or wrap

Extra Meat \$0.99 | Add Bacon \$0.99 | Extra Cheese \$0.50

Hot Options

Grilled Cheese | 280 cal

\$2.29

Your choice of white or wheat with American Cheese

Grilled Cheese Combo | 380-570 cal

\$4.99

Grilled cheese served with an 8 oz. soup

Chicken Quesadilla | 770 cal

\$6.29

A crispy flour tortilla filled with spicy chicken, Cheddar Jack, guacamole, salsa, and sour cream

Blackbean Burger | 330 cal

\$4.49

Black bean burger topped with lettuce, tomato, and sliced onion on a toasted roll

Beverages

Regular (22oz) | 0-370 cal

\$1.79

Large (32oz) | 0-460 cal

\$1.99



Grab-n-Go includes salads, fruit, desserts, and wraps.